



3rd February 2021

Be Yourself Day

Dear parents and carers,

This week is Child Mental Health Awareness Week- I believe we should add parent's and teacher's mental health too! It is yet another reminder of how important it is to look after our minds and spirit. Over the last few Fridays, we have tried to make the curriculum and home learning especially a little lighter to help everyone unwind after a busy week and have a gentle approach to the weekend. This is why we have our Whole School PE session first thing on a morning and end the day in prayer and reflection together. We aim to structure Fridays like this until we are able to be back in school together.

To mark this awareness, we are going to invite all children to wear their own clothes day and "be themselves" on **Friday 5th February**.

Children may want to wear something that reflects their interests or hobbies. For example if they are in cubs to wear their uniform or if they belong to a team to wear their kit colours. It may be simply a favourite coloured top. Children who attend school that day can also come in non-uniform. Children at home can take part too. We would like everyone to join in.

Looking ahead to next Thursday 11th, we have arranged for storyteller Chris Connorton to be with us remotely to tell his stories for all children. A programme for the day and meet arrangements will be sent out by class teachers next week.

Stay safe and well everyone

Mr.Conwell

Mr.Ryan



Seek ye first the kingdom of God

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